



# Book Club Facilitator Guide

by Angie Morgan & Courtney Lynch

## Introduction

*Bet on You: How to Win with Risk* is a ground-breaking book designed to give you the confidence, courage, and inspiration to pursue the dreams that are in your heart and on your mind.

While you can read *Bet on You* individually and visit [www.leadstar.us/bet-on-you](http://www.leadstar.us/bet-on-you) to create your personal Risk Manifesto, we – the authors, Angie and Courtney - believe that it's invaluable to read this book in community.

We know that when you're surrounded by a group of individuals who care about you and are there to support you, your chances for success in the risks you take increase exponentially.

We're offering this *Bet on You* facilitator guide so you can start a *Bet on You* book club. This guide offers recommendations on how to organize and facilitate powerful discussions that help unlock the potential of the group you're a part of. Please note that these are recommendations. You're welcome to customize this guide to bring your curiosity and initiative to the dialogue.

Copies of *Bet on You* can be purchased through all major book retailers. For a limited time, you can also purchase discounted copies through [Lead Star](http://Lead Star). If you're interested in ordering 48+ copies, email [orders@leadstar.us](mailto:orders@leadstar.us) for more details. You can also [download a preview](#) of *Bet on You* to share with your group.

Let's get started!



## Facilitation Best Practices

### 1. The very first thing you need to do as a facilitator is decide how large you want your group to be. Here are some considerations:

- The ideal discussion group size is between 5-8 people; this allows for everyone to share their voice when your group meets.
- If you have a group of more than 8, consider having multiple book clubs. If you lead an affinity network at work, or if you're a member of a large department, break your group up and assign co-facilitators for each respective group.

### 2. Think about how long you want your *Bet on You* reading journey to last. Here's some guidance:

- Choose when you want to start and stop your club – keep in mind that for most people, reading a book at an enjoyable pace will take about six weeks. If you've got a group of aggressive readers, a four-week time period is appropriate; yet, an eight-week timeline might be better to accommodate a variety of reading styles or schedules. Typically, when clubs run longer than eight weeks, you begin to lose momentum and engagement.

### 3. Book clubs should be fun and enriching experiences for all involved. Here are some ideas to make your journey enjoyable:

- Consider having multiple conversation leaders (rather than have the same person, each time, read through the questions). This way each leader can bring their own unique style to the discussion, which makes each session a different experience and also shares the leadership responsibility with book club members.
- Encourage everyone in your club to begin their [Risk Manifesto](#). This way when you get together, everyone will have experience personalizing the content to their own lives, which will make for an even more enriching discussion.
- Be creative! There will be plenty of opportunities throughout your journey to celebrate your group's success. Your imagination is your most valuable asset in making this reading journey valuable for all who participate.
- After you're finished with the book, consider having various check-in points at later dates to get a sense of how people are doing with their risk-taking endeavors.

## Discussion Questions: Section I

### Introduction

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1. Angie and Courtney write about the "Play it Safe Paradox." What were some of the well-intentioned messages you heard growing up that were designed to keep you safe? How have these messages helped you, and how have they limited you?

### Chapter One: Re-Thinking Risk

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1. When you hear the word "risk," what words come to mind?
2. The authors advocate taking a "Kaleidoscope Approach" to risk taking. Which chamber of your kaleidoscope do you believe you do a good job of risk-taking? Which chamber do you feel you need to pay more attention to?
3. *Bet on You* shares three misconceptions about risk. Which misconception was a surprise to you and why?
4. After reading about "hidden risks" in our lives, do you now have a sense of some of the hidden risks you're taking currently? Please share.

### Chapter Two: If Not You, Then Who?

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1. How self-reliant are you? Share an example of when you "strived for your own goals, bravely."
2. What are some of your perceived "hold-backs" in regard to the risks you want to take?
3. Angie and Courtney share that we all have our own, unique risk disposition. Describe yours and share what has influenced you in regard to your tolerance and/or acceptance of risk?
4. *Bet on You* introduces the prevention and promotion mindset. How have these two mindsets impacted you in regard to the risks you want to take?
5. The authors advocate "Just Trying It." What are some things you want to try right now?

## Discussion Questions: Section II

### Chapter Three: Dream It. Own It. Take It.

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1. Do you get the chance to daydream in your life? Describe when and how you do this.
2. Angie and Courtney share five questions to help you bring clarity to your dreams. Which of the following five questions helped you bring clarity to the dreams you're contemplating?
  - *What does your kaleidoscope look like?*
  - *What's worth pursuing?*
  - *Can you reach a starting point to your dream?*
  - *Can you resource your dream?*
  - *Does that challenge seem fun?*
3. At the end of this chapter, there's a strong accountability message about owning your dreams and taking action. What does "ownership" look like to you and what are some small actions you can take to begin to attempt pursuing your dreams?
4. The authors recommend seeking heat experiences. When you consider your life, share some of your previous heat experiences and how you've benefited from them. Also, share some heat experiences you believe you would benefit from.

### Chapter Four: Choose Your Guides

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1. Who are the people you look to currently for influence and guidance?
2. In regard to a specific risk you're contemplating, who could be a great source of support and inspiration for you?
3. Angie and Courtney talk about The Big Three types of people in our lives: Champions, Big Stagers, and No-Choosers. *Who are your Champions? Who are your Big Stagers? How do you manage your No-Choosers?*
4. How can you adapt your schedule to invite more inspiration from your guides into your life?

### Chapter Five: Do the Work

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1. In *Bet on You*, the authors write about “The Gutsy No.” What would a “Gutsy No” look like in your world?
2. What can you do to create more margin in your life?
3. Do you recall times in your life when you’ve “half-assed it?” Share a story about a time when you didn’t really commit to a goal and were disappointed by the result. Looking back, what could you have done differently to achieve a more positive result?
4. Select a goal you’ve got for yourself – *what would reverse planning look like for this particular goal?*
5. Angie and Courtney advocate for the “1/3, 2/3 Rule” – meaning, you should spend 1/3 of your time planning and 2/3 making things happen. When it comes to planning and taking action, what does your ratio typically look like – more planning and less action? Less planning and more action?

## Discussion Questions: Section III

### Chapter Six: Weave Your Safety Net

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1. Do you have a sense of the financial commitment it’ll take to pursue the risk(s) you’re contemplating? Describe.
2. Many people feel afraid, or nervous, to invest in themselves and their dreams. *Does this sound like you? Explain.*
3. Angie and Courtney write that “your talents are your safety net.” What are some of the talents you have that you either take for granted or don’t rely upon enough? Do you see how your talents can create security for you?
4. Are there times when you’ve relied too much on others (rather than yourself) to help you achieve a goal? Describe.
5. When you bet on yourself, you have to also rely on your judgment. Share some of the practices that have helped you build your judgment – e.g., relying on secondhand experiences, seeking insight from reading on diverse topics, networking, etc.

### Chapter Seven: Realize When You're Winning

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1. What does winning look like to you? What does it feel like?
2. Describe a time when you truly felt like you were winning?
3. What can you start doing to celebrate wins intentionally?
4. Angie and Courtney also write about risk rest. Have there been periods of your life when you've felt that you need a break? Describe.

### Chapter Eight: Plan for Fear and Failure

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1. In *Bet on You*, the authors talk about the power of visualization. Do you practice visualizing your success? Describe.
2. Angie and Courtney also discuss visualizing what to do when you encounter fear and failure – the “Two F'n Dream Killers.” Have you ever strategized, or war gamed, about how to persevere through fear and failure? Please share.
3. Perfectionism can stop us from betting on ourselves. What are some of your ways to manage perfectionist tendencies?
4. When you fail, or when you lose, it's okay to be disappointed and experience grief. What are some healthy ways that you deal with bad news or missed expectations?
5. The authors conclude *Bet on You* with a powerful story about a surfer named Maya Gabeira. What are some of the key lessons you were able to pull from her story?

### Conclusion

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1. The authors share many personal and professional stories about themselves and other leaders they admire. What stories resonated with you while reading *Bet on You*?
2. What are your top three takeaways from your experience reading *Bet on You*?
3. Have you completed your [Risk Manifesto](#)? How do you intend to use your Risk Manifesto in your daily journey to bet on yourself?
4. How do you intend to share the guidance you gleaned from *Bet on You* with others?